

# Crediting Enriched Grains in the National School Lunch Program and School Breakfast Program

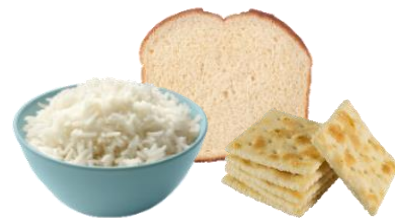
## School Year 2021-22

This guidance applies to the U.S. Department of Agriculture's (USDA) meal patterns for grades K-12 and preschoolers (ages 1-4) in the National School Lunch Program (NSLP), School Breakfast Program (SBP), Seamless Summer Option (SSO) of the NSLP, and Afterschool Snack Program (ASP) of the NSLP. The SSO follows the NSLP and SBP meal patterns. The requirements for the preschool meal patterns are the same as the Child and Adult Care Food Program (CACFP), and are defined by the USDA's final rule, *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010*. For a comparison of each program's meal pattern requirements for the grains component, refer to the Connecticut State Department of Education's (CSDE) resource, *Comparison of Meal Pattern Requirements for the Grains Component in the School Nutrition Programs*.

For information on the meal patterns and crediting foods for grades K-12, visit the CSDE's webpages, [Meal Patterns for Grades K-12 in School Nutrition Programs](#), [Crediting Foods for Grades K-12 in the ASP](#), and [Crediting Foods in School Nutrition Programs](#). For information on the meal patterns and crediting foods for preschoolers, visit the Connecticut State Department of Education's (CSDE) [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage.



Enriched grains are refined grains (such as wheat, rice, and corn) and grain products (such as cereal, pasta, and bread) that have certain vitamins and minerals added to replace some of the nutrients lost during processing. The five enrichment nutrients are defined by the Food and Drug Administration (FDA) and include thiamin (vitamin B<sub>1</sub>, thiamin mononitrate, or thiamin hydrochloride); riboflavin (vitamin B<sub>2</sub>); niacin (vitamin B<sub>3</sub> or niacinamide); folic acid (folate); and iron (reduced iron, ferrous sulfate, or ferric orthophosphate). Enriched products are not nutritionally equivalent to whole-grain products because enrichment does not replace all of the nutrients originally present in the whole grain.



If the grain product includes enriched ingredients or the product itself is enriched, the ingredients or product must meet the applicable FDA standard of identity for enrichment. Examples of enriched ingredients include enriched flour ([21 CFR 137.165](#)) and enriched cornmeal ([21 CFR 137.260](#)). Examples of enriched products include enriched bread, rolls, and buns ([21 CFR 136.115](#)); enriched macaroni products ([21 CFR 139.115](#)); enriched noodle products ([21 CFR 139.155](#)); enriched rice ([21 CFR 137.350](#)); and enriched farina ([21 CFR 137.305](#)).

# Crediting Enriched Grains in the NSLP and SBP

## Crediting Requirements

The meal patterns for grades K-12 and preschoolers have different crediting requirements for enriched grains. Products that contain **only enriched grains** (such as enriched white rice, enriched bread, and enriched crackers), credit as the grains component in the ASP meal patterns for grades K-12; and the NSLP, SBP, and ASP meal patterns for preschoolers. However, they do **not** credit as the grains component in the NSLP and SBP meal patterns for grades K-12. For information on the meal pattern requirements for the grains component in each school nutrition program, refer to the CSDE's resource, [Comparison of Meal Pattern Requirements for the Grains Component in the School Nutrition Programs](#).

## Crediting requirements for grades K-12 in the NSLP, SBP, and SSO

All grains offered at lunch and breakfast must be WGR. Products that contain only enriched grains cannot credit. Enriched grains credit only as an **ingredient** in a WGR food, i.e., the food must contain at least 50 percent whole grains and the remaining grains must be enriched. Examples include a rice mixture of ¼ cup of brown rice and ¼ cup of enriched rice; and a sandwich made with one slice of enriched white bread and one slice of whole-grain bread. For information on the WGR criteria for grades K-12, refer to the CSDE's guide, [Meeting the Whole Grain-rich Requirement for the NSLP and SBP Meal Patterns for Grades K-12](#).

**Note:** Per USDA memo, [COVID-19: Child Nutrition Response #90: Nationwide Waiver to Allow Specific School Meal Pattern Flexibility for School Year 2021-2022](#), SFAs that cannot meet the WGR requirement during school year 2021-22 (through June 30, 2022) must request a waiver from the CSDE. For more information, visit the “[How To](#)” section of the CSDE's Operating Child Nutrition Programs during COVID-19 Outbreaks webpage. If the SFA has not applied to and received approval from the CSDE for this waiver, all grains served in school meals during school year 2021-22 must continue to be WGR.

## Crediting requirements for grades K-12 in the ASP

The ASP meal patterns for grades K-12 do not have a WGR requirement. SFAs may credit any commercial products and standardized recipes that contain a sufficient quantity of creditable grains, including products that contain only enriched grains. Creditable grains for the ASP include whole grains, enriched grains, bran, and germ. **Note:** Bran and germ do not credit in the NSLP and SBP meal patterns for grades K-12.

For best nutrition, the CSDE encourages SFAs to serve WGR foods in the ASP.

# Crediting Enriched Grains in the NSLP and SBP

## Preschoolers in the NSLP, SBP, SSO, and ASP

SFAs may credit any commercial products and standardized recipes that contain a sufficient quantity of creditable grains, including products that contain only enriched grains. Creditable grains for the preschool meal patterns include whole grains, enriched grains, bran, and germ.

**Note:** Bran and germ do not credit in the NSLP and SBP meal patterns for grades K-12.

At least one serving of grains per day must be WGR, between all meals and ASP snacks served to preschoolers. The USDA's [CACFP Best Practices](#) recommends at least two servings of WGR grains per day. For information on the WGR requirements for the preschool meal patterns, refer to the CSDE's guide for the CACFP, [Meeting the Whole Grain-rich Requirement for the CACFP](#), and [USDA Memo CACFP 09-2018: Grain Requirements in the CACFP: Questions and Answers](#).

## Identifying Enriched Products

*The following guidance applies only to the NSLP, SBP, and ASP meal patterns for preschoolers, and the ASP meal pattern for grades K-12. The NSLP and SBP meal patterns for grades K-12 require that all grains must be WGR, unless the SFA has an approved waiver from the CSDE (refer to "Crediting requirements for grades K-12 in the NSLP, SBP, and SSO" in this document).*

A commercial product is enriched if it meets at least one of the two criteria below.

1. The food is labeled as "enriched." For example, long grain rice that is enriched will have the product name "enriched long grain rice."
2. An enriched grain is the **first** ingredient in the food's ingredients statement (or water is the first ingredient and an enriched grain is the second ingredient). The label will usually state "enriched flour" or "enriched wheat flour," or the grain ingredient includes a sub-listing of the five enrichment nutrients in parenthesis. The ingredients statements below show some examples of enriched commercial grain products.
  - Ingredients: Water, *enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid)*, water, sugar, soybean and/or canola oil, buttermilk, eggs, contains 2% or less of leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), salt, fructose, soy lecithin.
  - Ingredients: *Enriched flour (wheat flour, niacinamide, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid)*, soybean oil with TBHQ for freshness, salt, contains two percent or less of corn syrup, baking soda, yeast, soy lecithin.

Table 1 shows more examples of enriched commercial grain products. For guidance on identifying enriched ready-to-eat (RTE) and cooked breakfast cereals, refer to the CSDE's resource, [Crediting Breakfast Cereals for Preschoolers in the NSLP and SBP](#).

# Crediting Enriched Grains in the NSLP and SBP

**Table 2. Examples of enriched commercial grain products <sup>1, 2</sup>**

## **Saltine crackers (group A)**

Ingredients: *Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)*, canola oil, palm oil, sea salt, salt, malted barley flour, baking soda, yeast.



## **Oat bran bread (group B)**

Ingredients: *Unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid]*, water, oat bran, sugar, oats, wheat gluten, soybean oil, salt, yeast, molasses, preservatives (calcium propionate, sorbic acid), monoglycerides, natural flavor, calcium sulfate, grain vinegar, datem, soy lecithin.



## **Pancakes (group C)**

Ingredients: Water, *enriched flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid)*, high fructose corn syrup, canola oil. Contains 2% or less of: leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), eggs, salt, buttermilk, artificial flavor.



## **Spanish rice (group H)**

Ingredients: *Enriched long grain parboiled rice (rice, iron, niacin, thiamine mononitrate, folic acid)*, onion, salt, red & green bell pepper, spices (including red pepper), sugar, yeast extract, tamari soy sauce (soybean, salt) & garlic.



<sup>1</sup> These enriched products credit only in the ASP meal patterns for grades K-12; and the NSLP, SBP, SSO, and ASP meal patterns for preschoolers.

<sup>2</sup> The serving must provide the required weight (groups A-G) or volume (groups H and I) for the appropriate group in USDA's Exhibit A chart or contain the minimum creditable grains. For more information, refer to "[Serving Size for Enriched Products](#)" in this document.

# Crediting Enriched Grains in the NSLP and SBP

## Crediting Criteria for Enriched Commercial Combination Foods

*The following guidance applies only to the NSLP, SBP, and ASP meal patterns for preschoolers, and the ASP meal pattern for grades K-12. The NSLP and SBP meal patterns for grades K-12 require that all grains must be WGR, unless the SFA has an approved waiver from the CSDE (refer to “[Crediting requirements for grades K-12 in the NSLP, SBP, and SSO](#)” in this document).*

Commercial combination foods that contain an enriched grain portion (such as pizza, breaded fish sticks, and lasagna) credit as the grains component if the first *grain* ingredient is an enriched grain. If the grain portion is listed separately, the first ingredient in the *grain portion* (excluding water) must be an enriched grain.

The ingredients statement below shows an example of a breaded chicken patty that lists the grain ingredient together with the other ingredients. This product credits as an enriched grain because the first *grain* ingredient is enriched flour.

- Ingredients: Boneless, skinless chicken breast with rib meat, water, **enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)**, contains 2% or less of the following: dried garlic, dried onion, salt, sea salt, soybean oil, spice, sugar, torula yeast, turmeric, yeast, yeast extract. Breading set in vegetable oil.

The ingredients statement below shows an example of a breaded chicken patty that lists the grain portion separately. This product credits as an enriched grain because the first ingredient in the *grain portion* is enriched flour.

- Ingredients: Chicken, water, salt, and natural flavor. **Breaded with:** **enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)**, water, wheat starch, salt, contains 2% or less of the following: yellow corn flour, corn starch, dried onion, dried garlic, dried yeast, brown sugar, extractives of paprika, and spices. Breading set in vegetable oil.

SFAs must obtain appropriate crediting documentation to determine the ounce equivalents in the grain portion of commercial combination foods. For more information, refer to “[Crediting Documentation for Commercial Enriched Grain Products](#)” in this document.



# Crediting Enriched Grains in the NSLP and SBP

## Grain Ingredients that are Not Enriched

Not all refined grains are enriched. For example, when corn is processed into cornmeal, the germ of the grain is removed. The resulting cornmeal is not enriched unless the product states “enriched cornmeal,” or the ingredients statement lists the five enrichment nutrients, e.g., “enriched cornmeal (cornmeal, niacin, iron, thiamine mononitrate, riboflavin, folic acid).”

The ingredients statement below shows an example of a commercial breaded chicken patty product. This product does not credit as the grains component because the first ingredient in the breading (wheat flour) is not enriched.

- Ingredients: Boneless chicken breast with rib meat, water. Contains less than 2% of salt, onion powder, garlic powder. **Breaded with:** *wheat flour*, water, yellow corn flour, dextrose, sugar, salt, yeast. Contains less than 2 % of spice, extractives of paprika, soybean oil, guar gum, garlic powder, natural flavors.

Menu planners must check the ingredients statement to ensure that commercial grain products are enriched. Table 3 lists additional examples of grain ingredients that are enriched and not enriched.

Table 3. Examples of grain ingredients that are enriched or not enriched <sup>1</sup>	
Enriched <sup>2</sup>	Not enriched <sup>3</sup>
Bleached enriched flour	Bleached flour
Enriched bromated flour	Bromated flour
Enriched corn flour	Corn flour <sup>4</sup>
Enriched corn grits	Corn grits <sup>4</sup>
Enriched cornmeal	Cornmeal <sup>4</sup>
Enriched degerminated cornmeal	Degerminated cornmeal
Enriched durum flour	Durum flour
Enriched durum wheat flour	Durum wheat flour
Enriched farina	Farina
Enriched flour	Flour
Enriched rice	Rice
Enriched rice flour	Rice flour
Enriched rye flour	Rye flour
Enriched self-rising flour	Self-rising flour
Enriched semolina flour	Semolina flour



## Crediting Enriched Grains in the NSLP and SBP

**Table 3. Examples of grain ingredients that are enriched or not enriched <sup>1</sup>, continued**

Enriched <sup>2</sup>	Not enriched <sup>3</sup>
Enriched wheat flour	Wheat flour
Enriched white flour	White flour
Enriched white cornmeal	White cornmeal <sup>4</sup>
Enriched yellow cornmeal	Yellow cornmeal <sup>4</sup>
Milled corn enriched with....( <i>lists the five enrichment nutrients</i> )	Milled corn <sup>4</sup>
Puffed wheat enriched with....( <i>lists the five enrichment nutrients</i> )	Puffed wheat
Puffed rice enriched with....( <i>lists the five enrichment nutrients</i> )	Puffed rice
Unbleached enriched wheat flour	Unbleached wheat flour
Unbleached enriched white flour	Unbleached white flour
<p><sup>1</sup> This list is not all-inclusive.</p> <p><sup>2</sup> Products that contain only enriched grains (such as enriched crackers, enriched bread, enriched pasta, enriched white rice, and enriched corn grits) credit only in the ASP meal patterns for grades K-12; and the preschool meal patterns for the NSLP, SBP, SSO, and ASP.</p> <p><sup>3</sup> These ingredients are not enriched unless the label states “enriched” or the ingredients statement lists the five enrichment nutrients.</p> <p><sup>4</sup> Some cornmeal products may require a PFS to determine if they are enriched or nixtamalized (soaked and cooked in an alkaline solution). Nixtamalized corn ingredients credit as whole grains.</p>	

### Crediting Documentation for Commercial Enriched Grain Products

*The following guidance applies only to the NSLP, SBP, and ASP meal patterns for preschoolers, and the ASP meal pattern for grades K-12. The NSLP and SBP meal patterns for grades K-12 require that all grains must be WGR, unless the SFA has an approved waiver from the CSDE (refer to “Crediting requirements for grades K-12 in the NSLP, SBP, and SSO” in this document).*

SFAs must be able to document that commercial grain foods meet the crediting requirements of the NSLP, SBP, and ASP meal patterns. If the ingredients statement does not provide sufficient information to determine if a grain product is enriched, SFAs must obtain a Child Nutrition (CN) label (available only for main dish entrees that contribute to the meat/meat alternates component) or a manufacturer’s product formulation statement (PFS). For more information, refer to the CSDE’s resources, *Child Nutrition (CN) Labeling Program*, *Product Formulation Statements*, and *Accepting Processed Product Documentation in the NSLP and SBP*, and the USDA’s handouts, *Product Formulation Statement for Documenting Grains in Child Nutrition Programs* and *Tips for Evaluating a Manufacturer’s Product Formulation Statement*.

# Crediting Enriched Grains in the NSLP and SBP

## When a PFS is required

SFAs must obtain a PFS for commercial enriched grain products when any of the following apply:

- an enriched is not the first ingredient, but the product contains more than one enriched grain;
- a combination food that contains a grain portion is not CN labeled;
- the manufacturer claims that the product's serving size is less than the required weight or volume in the USDA's Exhibit A chart; or
- the product is not listed in the USDA's Exhibit A chart.

SFAs should verify the accuracy of the PFS prior to including the product in reimbursable meals and ASP snacks. All crediting documentation must be maintained on file. The CSDE will review this information during the Administrative Review of the school nutrition programs.

If the manufacturer will not supply a PFS or the PFS does not provide the appropriate documentation, the commercial product cannot credit in the school nutrition programs

For additional guidance on documentation for commercial products, refer to the CSDE's resources, [How to Identify Creditable Grains for Preschoolers in the NSLP and SBP](#) and [Accepting Processed Product Documentation](#), and visit the CSDE's [Crediting Commercial Processed Products for Grades K-12 in School Nutrition Programs](#) and [Crediting Commercial Processed Products in Preschool Menus](#) webpage.

## Crediting Documentation for Enriched Grain Foods Made from Scratch

*The following guidance applies only to the NSLP, SBP, and ASP meal patterns for preschoolers, and the ASP meal pattern for grades K-12. The NSLP and SBP meal patterns for grades K-12 require that all grains must be WGR, unless the SFA has an approved waiver from the CSDE (refer to "Crediting requirements for grades K-12 in the NSLP, SBP, and SSO" in this document).*

SFAs must have standardized recipes on file that document the crediting information for all grain foods made from scratch, including foods made on site by the SFA and foods prepared by vendors. Menu planners should use the USDA's [Food Buying Guide for Child Nutrition Programs](#) (FBG) to determine food yields and crediting information for school recipes.

Standardized recipes that contain enriched grains credit as the grains component based on the amount of enriched grains per serving. SFAs must determine the recipe's ounce equivalents contribution per serving using one of the following methods: 1) the grams of creditable grains; or 2) *if the weight of the prepared (cooked) serving is known*, the required weight (groups A-G) or



## Crediting Enriched Grains in the NSLP and SBP

volume (groups H-I) for the appropriate grain group in the USDA's Exhibit A chart where the grain food belongs (refer to "Serving Size for Enriched Grain Products and Recipes" below).

For information on standardized recipes, refer to section 2 of the CSDE's guides, [Menu Planning Guide for School Meals for Grades K-12](#) and [Menu Planning Guide for Preschoolers in the NSLP and SBP](#), and visit the "Crediting Foods Prepared on Site in School Nutrition Programs" section of the CSDE's [Crediting Foods in School Nutrition Programs](#) webpage.

### Serving Size for Enriched Grain Products and Recipes

*The following guidance applies only to the NSLP, SBP, and ASP meal patterns for preschoolers, and the ASP meal pattern for grades K-12. The NSLP and SBP meal patterns for grades K-12 require that all grains must be WGR, unless the SFA has an approved waiver from the CSDE (refer to "Crediting requirements for grades K-12 in the NSLP, SBP, and SSO" in this document).*

Enriched grain products and foods made from scratch must provide the minimum quantities required by the NSLP and SBP meal patterns. The required grain quantities for the NSLP and SBP meal patterns for preschoolers are in ounce equivalents. The required grain quantities for the ASP meal pattern for grades K-12 are in servings.

The amount of an enriched grain food that provides 1 ounce equivalent or 1 serving varies because different types of foods contain different amounts of creditable grains. For example, to credit as 1 ounce equivalent of the grains component, an enriched roll must weigh 28 grams (1 ounce), an enriched corn muffin must weigh 34 grams (1.2 ounces), and an enriched blueberry muffin must weigh 55 grams (2 ounces). The minimum amount that credits toward the grains component is  $\frac{1}{4}$  ounce equivalent.

The USDA allows two methods for determining the ounce equivalents or servings of creditable grain products and standardized recipes. SFAs may use either method but must document how the crediting information was obtained. These methods are summarized below.

#### Method 1: USDA's Exhibit A chart

Method 1 uses the USDA's chart, [Exhibit A: Grain Requirements for Child Nutrition Programs](#), to determine the required weight (groups A-G) or volume (groups H-I) for the grain group where the product or recipe belongs. This method is used for commercial grain products and may also be used for standardized recipes if the SFA knows the weight (grams or ounces) of the prepared (cooked) serving. For some commercial grain products, method 2 is required (refer to "When a PFS is required" in this document).

- **Ounce equivalents for preschoolers in the NSLP, SBP, SSO, and ASP:** The CSDE's resource, [Grain Ounce Equivalents for Preschoolers in the NSLP and SBP](#), lists the Exhibit A

## Crediting Enriched Grains in the NSLP and SBP

grain ounce equivalents that apply to the preschool meal patterns effective October 1, 2021. Groups F and G (grain-based desserts) are not included because grain-based desserts do not credit as the grains component in the preschool meal patterns. For detailed guidance, refer to the CSDE's resource, [Calculation Methods for Grain Ounce Equivalents for Preschoolers in the NSLP and SBP](#). For more information on ounce equivalents, visit the "Ounce Equivalents (Serving Size for Grains)" section of the CSDE's [Crediting Foods in Preschool Menus](#) webpage.

- **Grain servings for grades K-12 in the ASP:** The CSDE's resource, [Grains/Breads Servings for Grades K-12 in the ASP](#), lists the required Exhibit A grains/breads servings that apply to grades K-12 in the ASP. For detailed guidance, refer to the CSDE's resource, [Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP](#). For more information, visit the "Serving Size for Grains/Breads" section of the CSDE's ASP webpage.

### Method 2: creditable grains

Method 2 determines the ounce equivalents from the weight (grams) of creditable grains per serving. This method is used for standardized recipes and may also be used for commercial grain products that have a PFS stating the weight of creditable grains per serving. The grams of creditable grains are listed in the commercial product's PFS or calculated from the grain quantities in the SFA's recipe.

- **Ounce equivalents for preschoolers in the NSLP, SBP, SSO, and ASP:** To credit as 1 ounce equivalent of the grains component, enriched grain foods in groups A-G of the USDA's Exhibit A chart must contain **16 grams** of enriched grains and grain foods in group H must contain **28 grams** of enriched grains. For detailed guidance, refer to the CSDE's resource, [Calculation Methods for Grain Ounce Equivalents for Preschoolers in the NSLP and SBP](#). For more information on ounce equivalents, visit the "Ounce Equivalents (Serving Size for Grains)" section of the CSDE's [Crediting Foods in Preschool Menus](#) webpage.
- **Grain servings for grades K-12 in the ASP:** To credit as 1 serving of the grains component, enriched grain foods in groups A-G of the USDA's Exhibit A chart must contain **14.75 grams** of enriched grains and grain foods in group H must contain **25 grams** of enriched grains. For detailed guidance, refer to the CSDE's resource, [Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP](#). For more information, visit the "Serving Size for Grains/Breads" section of the CSDE's ASP webpage.

# Crediting Enriched Grains in the NSLP and SBP

## Grain crediting tools

The tools below help menu planners determine the ounce equivalents contribution of creditable grain products and recipes.

- **CSDE's CACFP crediting worksheets** (use only for the preschool meal patterns): These Excel worksheets determine if grain products and recipes meet the CACFP crediting requirements and WGR criteria (which are the same as the preschool meal patterns) and calculate the ounce equivalents contribution of the serving.
  - Child Care Worksheet 1: Crediting Commercial Grains in the CACFP
  - Child Care Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP
  - Child Care Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP

The CACFP grain crediting worksheets are available in the “[Documents/Forms](#)” section of the CSDE’s Crediting Foods in CACFP Child Care Programs webpage.

- **USDA’s Exhibit A Grains Tool for commercial grain products:** This [online tool](#) of the USDA’s *Food Buying Guide for Child Nutrition Programs* (FBG) determines the ounce equivalents of commercial grain products. For more information, watch the USDA’s webinars, *Exhibit A Grains Tool to the Rescue* and *How to Maximize the Exhibit A Grains Tool*.
- **USDA’s Recipe Analysis Workbook:** The FBG’s online [Recipe Analysis Workbook](#) allows menu planners to search for ingredients, develop a standardized recipe, and determine the recipe’s meal pattern contribution per serving. To access this tool, users must create a free account on the USDA’s FBG website.

## Enrichment Exception for Jewish Institutions

During the religious observance of Passover, the USDA allows Jewish schools, institutions, and sponsors to have a religious exemption for the enrichment requirement of the meal patterns for Child Nutrition Programs. Unenriched matzo may be substituted during Passover only. Matzo used as the grains component must be WGR at all other times of the year.

The USDA grants these exemptions for entities (schools, institutions, and sponsors) not individuals. SFAs must receive approval from the CSDE before implementing this option. For more information, refer to the USDA’s [FNS instruction 783-13](#) (Revision 3).

# Crediting Enriched Grains in the NSLP and SBP

## Considerations for Reducing Choking Risks for Young Children

Children younger than 4 are at the highest risk of choking. Examples of grain foods that may cause choking include hard pretzels; pretzel chips; corn chips; breakfast cereals that contain nuts, whole-grain kernels (such as wheat berries), and hard chunks (such as granola); and crackers or breads with seeds, nut pieces, or whole-grain kernels. Consider children's age and developmental readiness when deciding what types of grain foods to offer in preschool menus. This consideration is also important for children with a disability that requires dietary restrictions. For additional guidance, visit the "[Choking Prevention](#)" section of the CSDE's [Food Safety for Child Nutrition Programs](#) webpage.

## Resources

Accepting Processed Product Documentation in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/AcceptDocumentationSNP.pdf>

Afterschool Snack Program Handbook (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASPHandbook.pdf>

Calculation Methods for Grain Ounce Equivalents for Preschoolers in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/GrainCalculationSNPpreschool.pdf>

Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/GrainCalculationASPgradesK-12.pdf>

Comparison of Meal Pattern Requirements for Preschool and Grades K-12 in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/ComparisonPreschoolK12.pdf>

Comparison of Meal Pattern Requirements for the Grains Component in the School Nutrition Programs (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/ComparisonGrainCreditingSNP.pdf>

Crediting Breakfast Cereals for Grades K-12 in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditCerealsSNPgradesK-12.pdf>

Crediting Breakfast Cereals for Preschoolers in the NSLP and SBP:

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditCerealsSNPpreschool.pdf>

## Crediting Enriched Grains in the NSLP and SBP

Crediting Whole Grains in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditWholeGrainsSNP.pdf>

Exhibit A Grains Tool (USDA's Food Buying Guide for Child Nutrition Programs):

<https://foodbuyingguide.fns.usda.gov/ExhibitATool/Index>

Exhibit A Grains Tool to the Rescue (USDA webinar):

<https://www.fns.usda.gov/tn/exhibit-grains-tool-rescue>

Exhibit A: Grain Requirements for Child Nutrition Programs (USDA):

<https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>

Grain Crediting Worksheets for CACFP Child Care Programs ("Documents/Forms" section of the CSDE's Crediting Foods in CACFP Child Care Programs webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#CreditingWorksheets>

Grain Ounce Equivalents for Preschoolers in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/GrainOzEqSNPpreschool.pdf>

Grain Ounce Equivalents for Preschoolers in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/GrainOzEqSNPpreschool.pdf>

Grain-based Desserts in the CACFP – Handouts and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/grain-based-desserts-cacfp>

Grains Component for Preschoolers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources#Grains>

Grains Component for Preschoolers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources#Grains>

Grains/Breads Component for Grades K-12 in the ASP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#GrainsBreadsK12>

Grains/Breads Servings for Grades K-12 in the ASP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/GrainServingsASPgradesK-12.pdf>

How to Identify Creditable Grains for Preschoolers in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/IdentifyCreditableGrainsSNPpreschool.pdf>

Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-School-Nutrition-Programs>

## Crediting Enriched Grains in the NSLP and SBP

Meal Patterns for Preschoolers in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Documents>

Meeting the Whole Grain-rich Requirement for the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGR\\_Requirement\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGR_Requirement_CACFP.pdf)

Meeting the Whole Grain-rich Requirement for the NSLP and SBP Meal Patterns for Grades K-12 (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/WGRRequirementSNPgradesK-12.pdf>

Menu Planning Guide for Preschoolers in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/MPGpreschool.pdf>

Menu Planning Guide for School Meals for Grades K-12 (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Menu-Planning-Guide-for-School-Meals>

Menu Planning Resources for School Meals (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/MenuPlanResourcesSchools.pdf>

Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA):

[https://www.fns.usda.gov/sites/default/files/resource-files/PFS\\_Grains\\_Oz\\_Eq\\_Fillable\\_508.pdf](https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Grains_Oz_Eq_Fillable_508.pdf)

Recipe Analysis Workbook (USDA's Food Buying Guide for Child Nutrition Programs):

<https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool>

Resources for the Preschool Meal Patterns (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/ResourcesPreschoolMealPattern.pdf>

Standardized Recipes ("Documents/Forms" section of the CSDE's Crediting Foods in CACFP Child Care Programs webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs#StandardizedRecipes>

USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers:

<https://www.fns.usda.gov/cacfp/grain-requirements-cacfp-questions-and-answers>

USDA Memo SP 30-2012: Grain Requirements for the National School Lunch Program and School Breakfast Program:

<https://www.fns.usda.gov/school-meals/grain-requirements-national-school-lunch-program-and-school-breakfast-program>



# Crediting Enriched Grains in the NSLP and SBP



For more information, visit the CSDE's [Meal Patterns for Grades K-12 in School Nutrition Programs](#), [Crediting Foods in School Nutrition Programs](#), and [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpages, or contact the [school nutrition programs staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditEnrichedGrainsSNP.pdf>.

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- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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